

Track: borriol_desiertolaspalmas_benicasim_oropesa_cabanes_desiertolaspalmas_borriol.gpx

These speeds are average for = BYC

IBP index reliability= B

IBP = 94 BYC

Total length	89.58 Km
Analyzed distance	89.58 Km
Lineal distance	0.02 Km

Accumulated climb	1463.8 m
Accumulated descent	1467.8 m
Maximum height	423 m
Minimal height	3.8 m
Climb rate	4.66 %
Descent rate	4.41 %
Positive climb difference per km	16.34 m
Negative descent difference per km	16.39 m

Total time	5:46:38 h
Time in movement	4:15:22 h
Stopped time	1:31:16 h

Total speed average	15.51 Km/h
Average speed in movement	21.05 Km/h
Maximum held speed	58.77 Km/h

Max slope filter	~30 %
Min. points separation	~30 m
Number of points	6812 (cad. 13.15 m)
Significant points	2513 (cad. 35.66 m / 36.89 %)
Aberrant points	1 (0.01 % d. total)

Direction changes per km	10.64
Direction changes >5° per km	4.16
Accumulated straight stretches	38.678 Km
Straight stretches per km	431.77 m
Penalizable slope changes	13
Penalizable slope changes per km	0.145

Find The Best bike routes



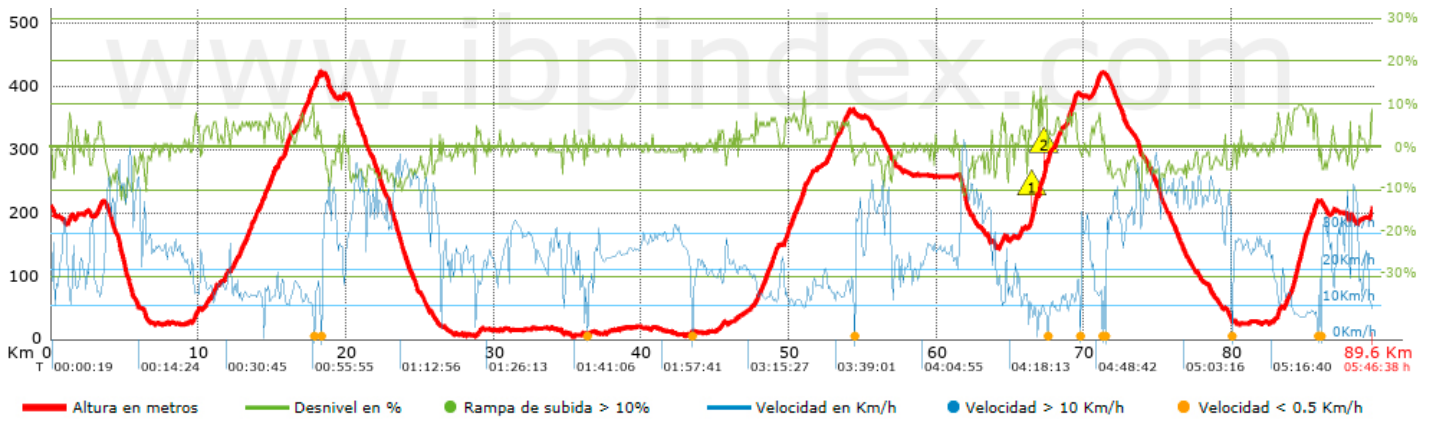
Summary of slopes	Climbs	Distance in km	above the total in %	Speed in	Time h:m:s	
	Between 15 and 30%	0	0	0	0:00:00	
	Between 10 and 15%	1.035	1.16	9.04	0:06:52	
	Between 5 and 10%	12.505	13.96	12.68	0:59:09	
	Between 1 and 5%	17.902	19.98	17.16	1:02:35	
	Total :	31.442	35.1	14.67	2:08:36	
	Plain					
	Difference of 1%	24.865	27.76	24.41	1:01:07	
	Breakdown descents					
	Between 1 and 5%	20.48	22.86	27.09	0:45:22	
	Between 5 and 10%	11.93	13.32	38.62	0:18:32	
Between 10 and 15%	0.861	0.96	29.53	0:01:45		
Between 15 and 30%	0	0	0	0:00:00		
Total :	33.271	37.14	30.41	1:05:39		
Total track :	89.58	100 %	21.05	4:15:22		

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Steep slopes > 10%

Steep slope	Slipage point	Average slope	Interval
	66.504	11 %	174 m
	67.228	11 %	204 m

High altitude parameters, data above

Altitude	Distance m	% of total	Time in movement	Speed	Stopped time	Total time	Speed
	Total : 0 Km	--- %	--- h	--- Km/h	--- h	--- h	--- Km/h

Stops

Distance	Stopped time	Altitude	Elapsed time	Last stop elapsed time	Last stop distance
17.787	0:01:55	400	0:56:05	0:56:05	17.787
18.27	0:04:10	423	0:59:49	0:03:44 < 10´	0.483
43.367	1:02:42 > 10´	9	2:01:53	1:02:04	25.097
54.355	0:09:19	363	3:43:36	1:41:43	10.988
69.675	0:01:53	390	4:44:04	1:00:28	15.32
71.228	0:02:04	422	4:50:14	0:06:10 < 10´	1.552
71.385	0:02:33	422	4:52:39	0:02:25 < 10´	0.157
79.987	0:02:51	32	5:08:00	0:15:21	8.602
85.784	0:01:45	217	5:33:24	0:25:24	5.797
86.042	0:02:04	219	5:35:57	0:02:33 < 10´	0.258
Total : 1:31:16 h					